

C L A I M S :

1. A spring hinge for spectacles, comprising a hinge part which is held in a displaceable manner in the longitudinal direction of the temple in a housing on the temple side, a fixture which projects from the hinge part in the direction of displacement, engages in an opening in the housing and comprises a fixture rod and a transversal bar at the end of the fixture rod, and two helical springs which are provided laterally adjacent to the fixture rod, are parallel thereto and rest with their end at the hinge side on an abutment associated with the housing and with their opposite end on the transversal bar of the fixture, characterized in that the two helical springs (10) are inserted into a housing bore (9) each which is open towards the housing opening (5) for the fixture rod (7), and that the housing bores (9) each receive a locking element (11) forming the abutment for the helical spring.
2. A spring hinge according to claim 1, characterized in that the locking elements (11) are screwed into the housing bores (9).